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V-J Day U.S. Victory in Japan
Aug. 14 1945

U.S. Naval Academy est. Aug. 15, 1845

Naval Reserve Force est. Aug. 19, 1916

Dental Corps est. Aug 22, 1912

Bureau of Medicine and Surgery est.
Aug. 31, 1842



Inside...

Screening for tobacco use is another article in the "no free lunch" series and is aimed at helping both you as a patient and the Naval Hospital staff as providers take better care of you and to also maximize hospital resources. *page 2*

In 2005, American consumers spent more than \$270 billion for the 36 billion gallons of fountain and packaged beverages they consumed. That's about what American families spent on gasoline that year as well. So what is really in that soda you are drinking and is it better than drinking water, juice or milk? *page 3*

Superstars *page 4*

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Hospital Honors Sailors, Civilians of the Quarter



Naval Hospital Twentynine Palms recently honored its Officer, Sailors and Civilians of the Quarter for the period from April 1 through June 30, 2008. Lieutenant Tawanna Birdsong Blanche, Head Patient Administration Department has been selected as the Officer of the Quarter.

Her citation reads in part, "You implemented the requirement of medical staff to receive introductory coding training within 30 days of reporting resulting in improved coding documenta-

tion, data quality, coding practices, regulatory requirements and the increased use of standardized templates. You revised the inpatient record compliance weekly notification process by engaging senior leadership and forwarding preliminary inpatient reminder lists resulting in medical record delinquencies less than 1 percent, well below Joint Commission standards. By initiating monthly random audit verification checks of DD Form 2569s in health records from outpatient and ancillary clinics your efforts have resulted in additional funds to the Command, enhancing quality of healthcare delivery by procuring medical equipment, required

services and training. You were hand selected by senior leadership to serve as the Command Coordinator for the upcoming Navy Medical Inspector General Visit to provide technical oversight and program guidance prior to the arrival of the inspection party and providing support during the inspection period, a responsibility that has a comprehensive impact on the entire Command."

Petty Officer Second Class Gracie Rosas, Yeoman in the Human Resources Department was named as Senior Sailor of the Quarter.

Her citation reads in part, "You performed your duties consistently well during a departmen-



Continued on page 8

Naval Hospital Rocks in Base-wide Drill

*By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital*

The Robert E. Bush Naval Hospital participated in a base-wide Disaster Exercise on the evening of July 16.

The Emergency Medicine Department remained open to emergent care but also participated in the drill.

This particular scenario began in early July when a make believe sleeper cell of Islamic Jihadists are discovered making plans for some sort of attack on a military installation in Southern California. On July 15 the Commanding General (CG) of the Marine Corps Air Ground Combat Center (MCAGCC) directed that the base go to Force Protection Condition Bravo. At this time the Security Department of the hospital placed sentries at all entrances to the hospital to check the identifi-

Why is Tobacco screening important?

By Martha Hunt, MA, Health Promotion Programs
Robert E Bush Naval Hospital

Screening for tobacco use is another article in the "no free lunch" series and is aimed at helping both you as a patient and the Naval Hospital staff as providers take better care of you and to also maximize hospital resources. One of the measures that the Naval Hospital is graded on (i.e. our budget is based on) is screening for tobacco use and making proper referral to tobacco cessation help.

Why is tobacco important to Navy Medicine? Tobacco relat-

ed health care is the second leading drain on the DoD health care system for active duty military. This does not include dependents, retirees or the VA system. The DoD spends over \$1.6 billion dollars every year on tobacco related health care in the active duty population.

Also, tobacco use is both the leading cause of death and disability in the U.S. and is the leading reason why people are medically discharged early from active duty. No, smoking won't get you discharged but it will

prevent your injuries from healing which in turn may make you non-deployable. We also know that those who are exposed to a traumatic event are twice as likely to develop PTSD or combat stress if they use tobacco.

Tobacco also affects you and your family's health in countless ways from infertility, asthma and SID's (Sudden Infant Death Syndrome) in children to obesity, diabetes, heart and lung disease, and cancer in adults as well as children. We also know that the younger a child is when they start using tobacco; the more likely they are to grow up developing anxiety and depression as adults.

So why does your provider ask

you if you are a tobacco user and if you are ready to quit? For two reasons: you and your family's health and wellbeing and for the health of the hospital's finances. When the hospital asks you if you are a tobacco user and when we encourage you to quit, Navy Medicine sees this and knows we are doing a good job in providing you with preventive health care. The Naval Hospital is then rewarded with funds and staff to offer more services as a whole to our MCAGCC community.

Health promotions offers tobacco cessation classes that meet four Tuesdays in a row for one hour that help you get off tobacco and remain tobacco

free. In order to get the medications, you must take the class. Unfortunately TRICARE does not pay for the tobacco cessation meds and since you will be given nearly \$300 worth of medications, we want to be sure that you get the best bang for your taxpayer's buck by linking the meds to the class. That way, if you have any side effects or problems, you can get help.

Also, it is always easier to give up tobacco with a group than on your own. If you are interested in quitting tobacco, either contact your primary care provider or contact health promotion and wellness at 830-2814 for more information.

Base-wide Drill...

Continued from page 1

cation of all visitors to the hospital and outpatient clinics. Subsequently the local Navy Criminal Intelligence Service suggests that some type of attack may be in the final planning stages and recommends to the CG an increase in Force Protection Condition to Charlie which is initiated in the late afternoon of July 16.

At this time a recall of executive staff was made to keep them aware of what was going on. At approximately 7:30 p.m., the base experienced the mock terrorist attack at the Condor Gate and Condor Elementary school resulting in several casualties which initiated the Combat Center to put into effect the Force Protection Code Delta and a Code Green was called at the hospital for mass casualties from the attack. A staff recall was initiated resulting in nearly 98 percent of staff answering the call.

The hospital received nine patients suffering moulaged wounds from amputated legs and arms to a minor eye injury. The patients were triaged, treated and stabilized for transportation to other facilities for higher level of care.

According to the hospital's Emergency Manager, Lieutenant Suzanne Kraft, "Naval Hospital Twentynine Palms performed extremely well during the mass casualty portion of the MCAGCC Full Scale Exercise." She added, "We came together as one team and were able to do what we do best which is to respond quickly and delivery quality patient care. The experience of all of our Corpsmen as well as non-clinical personnel, including our Security staff, who have spent periods of time in the field really shined through during this drill. We were quickly able to find out what our strengths and weaknesses are so that we can make the necessary changes to our plan." Kraft pointed out, "There was a team from the 23rd Dental Battalion that participated in triage on short notice and did an outstanding job. We also continue to work closely with the community hospital, High Desert Medical Center, as they received several casualties from the drill so this was realistic." She concluded with, "This command has proved that we are ready for any situation that is thrown at us in a short period of time."

The scenario for this exercise, was an improvised explosive device (IED), was a terrorist event and exercised the response of base personnel, hospital staff and also involved base residents.

Participating in this exercise helps the Naval Hospital be better prepared to respond to an actual terrorist event or natural disaster.

Participation in this exercise also qualifies as a formal disaster drill with an influx of patients as defined by the Joint Commission that accredits both civilian and military hospitals.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Why do women need to be screened for breast cancer?

By Becky Hale, RN, Breast Health Coordinator
Robert E. Bush Naval Hospital

There are two reasons why women need to be screened for breast cancer.

First and foremost, women should be screened for breast cancer for their health. Like all cancers, the earlier you catch them, the easier they are to treat and the greater your chance of survival.

Secondly, because your Naval Hospital's funding is partly based on patient compliance to routine annual screenings-if you aren't using the services here for annual health screenings, Navy Medicine gives the funds to other hospitals.

What is breast cancer?

Breast cancer is not a sudden occurrence, but a process that has been developing for a period of time.

The female breast is a very complicated glandular organ and is the site of the most common cancer in women-breast cancer. No one knows exactly what causes breast cancer. Genetics, having a family history of breast cancer, increase the risk.

Other identified possible causes have been environmental carcinogens, viruses and radiation. Promoting factors identified are lifestyle factors, including diet and hormonal function.

Cancer begins when the cells of the breast undergo changes. The normal cell is damaged and

converts into a cell that has an uncontrolled growth pattern.

The cancer cells continue to divide and grow and may spread to other parts of the breast and then to other parts of the body if not removed.

How to screen for breast cancer?

A breast exam should be performed on women after the age of 20 or earlier if instructed by their provider.

Women should have this exam every three years or as needed for ages 20-40. At age forty women should have this exam performed on a yearly basis.

This exam is used to find changes in the breast anatomy. Women should also observe their breast for changes such as nipple discharge, mass, nipple retraction, dimpling, a persistent rash, or any other changes.

Women should report any changes to their health care provider right away.

Mammography is a tool used to screen for breast abnormalities that we may not be able to see or feel. Mammograms should be started at age 40 unless a woman is high risk. Some of the factors that can make a woman high risk is a family history of breast cancer, personal history of breast cancer, early onset of menses, late menopause, and as a woman gets older their chance increases.

es. Women should discuss their risk factors with their physician to see when it is appropriate for them to have this exam. The exam should be performed on a yearly basis preferably after the clinical breast exam.

All women should be aware of their own body and what are

normal changes and what changes should be reported to their health care provider.

Women are the best advocates for their health care. The second most important advocate is the health care team. Please let us help promote women's health. Having breast exams at

the recommended interval will help to ensure that all women can stay strong, healthy, proud, advocates for health.

These exams can be scheduled by calling Central Appointments at 830-2752 or the Breast Health Coordinator at 830-2501.

What is really in that soda you are drinking?

By Martha Hunt, MA
Health Promotion & Wellness

In 2005, American consumers spent more than \$270 billion for the 36 billion gallons of fountain and packaged beverages they consumed. That's about what American families spent on gasoline that year as well. So what is really in that soda you are drinking and is it better than drinking water, juice or milk?

Are soda's really a healthy alternative? Not really. The National Institutes of Health reports that middle-aged adults who drank more than one soft drink daily, either diet or regular, have a more than 40 percent greater rate of either having or developing metabolic syndrome, a cluster of conditions that increase the risk for heart disease.

A person is considered to have metabolic syndrome if he or she has three or more of the following five risk factors: 1. waist circumference greater than or equal to 35 inches (women) or 40 inches (men), 2. fasting blood glucose of greater than or equal to 100 mg/dL, 3. triglycerides greater than or equal to 150 mg/dL, 4. blood pressure greater than or equal to 135/85 mmHg, and 5. HDL "good" cholesterol below 40mg/dL for men or below 50 mg/dL for women.

Not only does soda drinking impact your heart health, it affects your health as a whole in several other ways. It is known that people who regularly drink soft drinks, even diet soda's, are also known to eat foods that are higher in calories and fat, and get less physical activity. Instead of satisfying a sweet tooth, soft drinks do just the opposite. They: increase hunger, decrease satiety (how full you feel after eating) and calibrate people to a high level of sweetness (you crave more sweets). Remember that old joke of the guy who goes to the fast food place and orders a super size meal and a diet drink? His brain told him to do that as his brain knows there are no calories in the drink and it will make him get the calories somewhere else.

Soda drinking also puts you at higher risk of diabetes. In fact, those who consume one or more soft drinks per day are twice as likely to develop diabetes as those who consumed less than one per month. Again, it doesn't matter if it is a diet or regular soda as soda's in general recalibrate your taste for sweets and your body finds those calories elsewhere.

How does soda affect your bones and teeth? The double whammy of sugar and acid combines to wear away your tooth enamel and increase the risk

Continued on page 7

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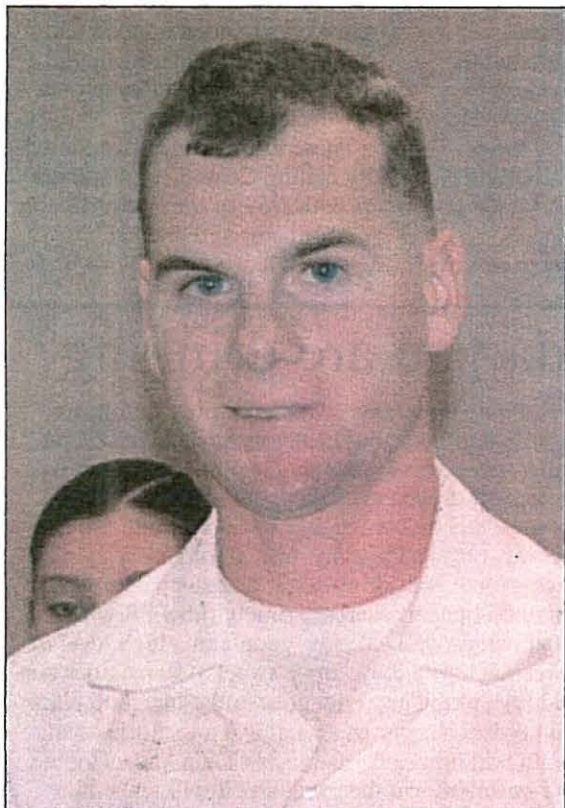
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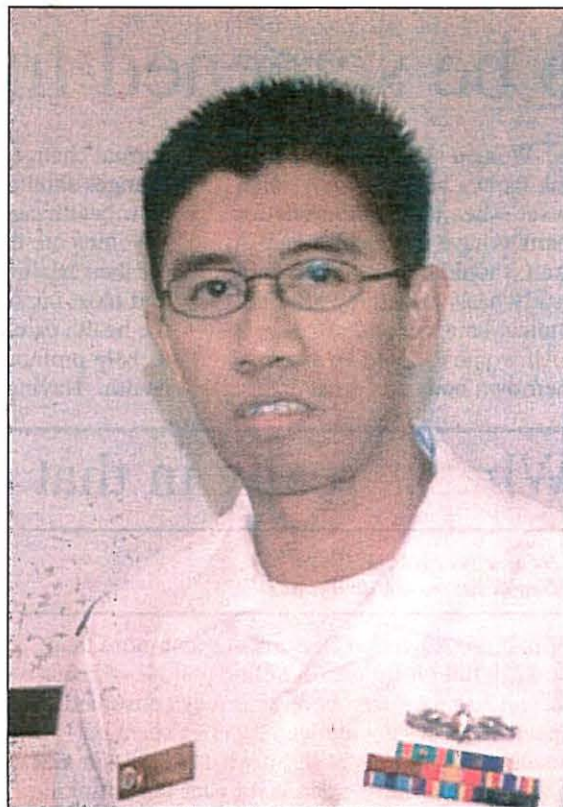


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Super Stars...



Hospitalman Aaron Barnes, PACU-Recovery, receives his first Good Conduct Award.



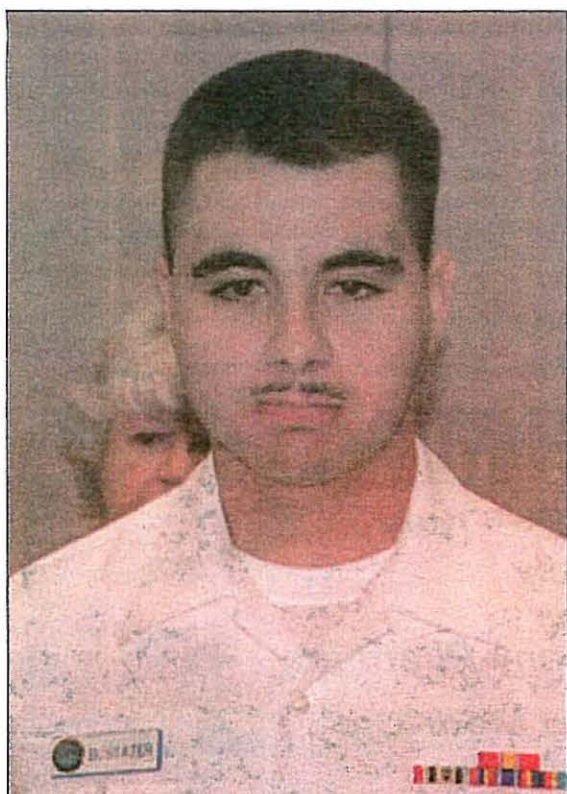
Personnel Specialist Second Class (SW) Felvin Bundalian, Personnel Support Detachment, receives a Letter of Appreciation.



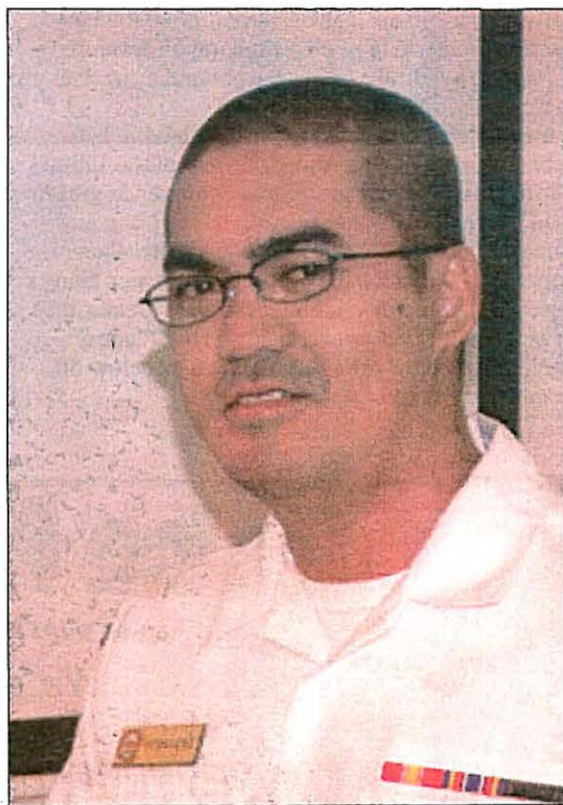
Linda Haley, Procurement Management, receives a Five Year Federal Length of Service Award.



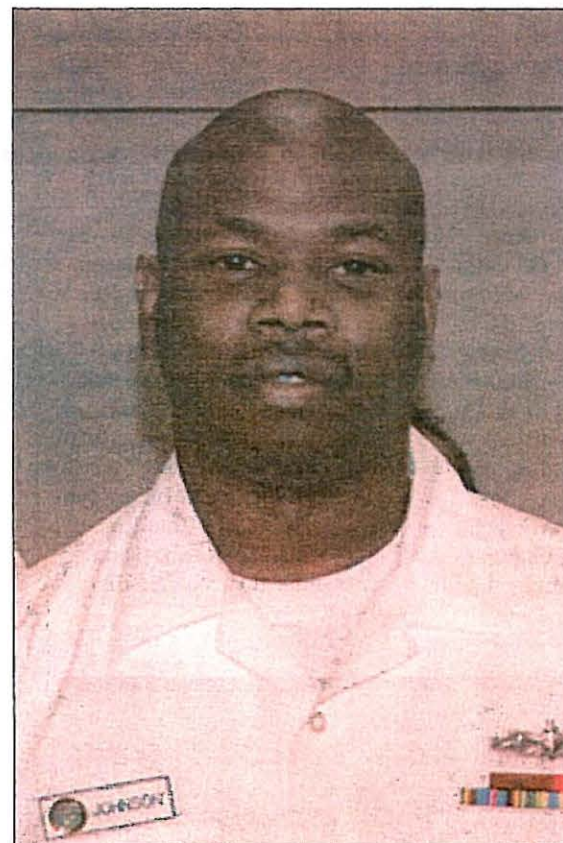
Hospital Corpsman Jurgensmier, Gen, receives his first Good Conduct Award.



Hospitalman Walter Bostater, Health Care Operations, receives his first Good Conduct Award.



Personnel Specialist Third Class Reginald Fernandez, Personnel Support Detachment, receives a Letter of Appreciation.



Culinary Specialist Second Class (SW) Hugh Johnson, Bachelor Enlisted Quarters, receives his Third Good Conduct Award.



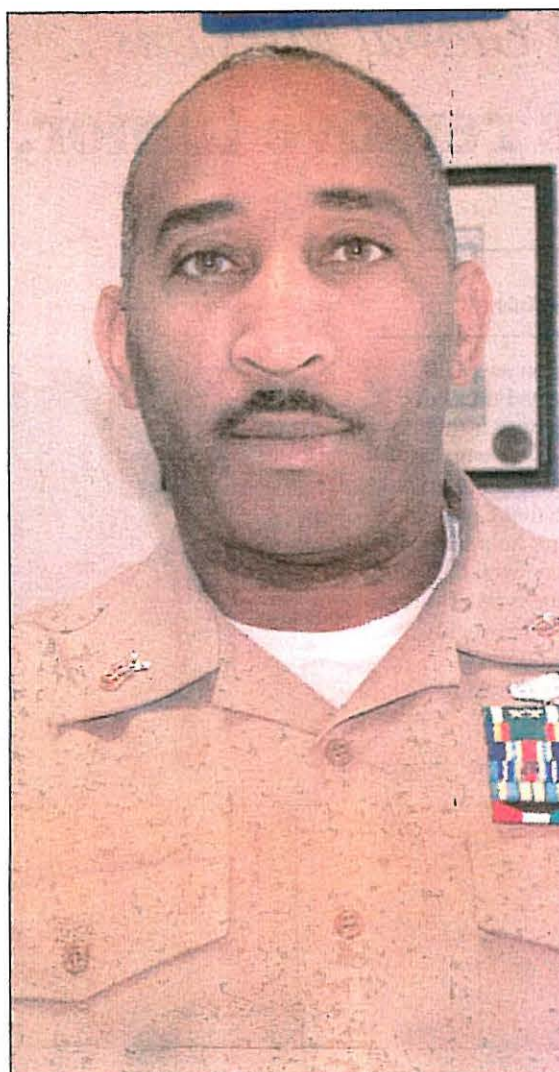
Culinary Specialist Emiliano Morfin, Department, receives his first Good Conduct Award.



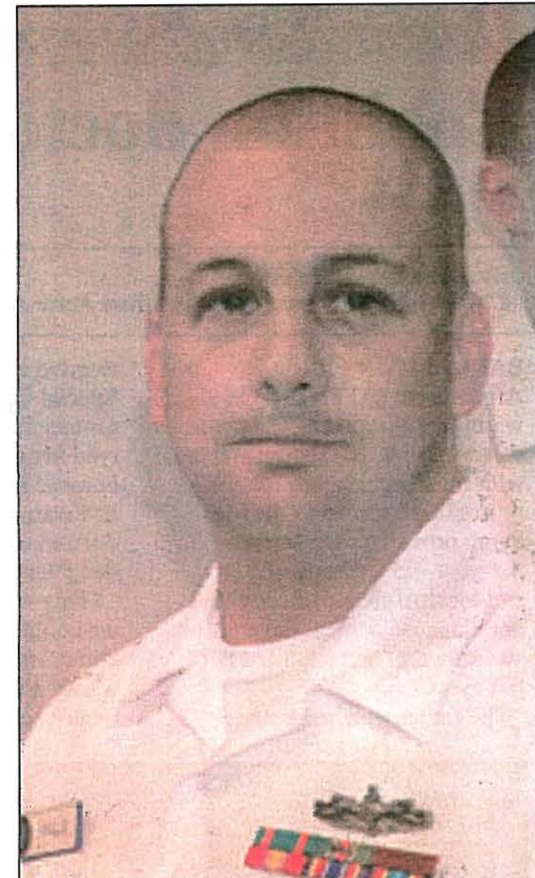
*Class Jerad
very Clinic, receives
rd.*



*Anna O'Connor, Coder, receives her Twenty
Year Federal Length of Service Award.*



*Master Chief Hospital Corpsman Kevin Hughes,
Command Master Chief, receives a Meritorious
Service Medal for outstanding meritorious service
while serving as Navy Personnel Officer,
Assistant Chief of Staff, G-1 Marine
Expeditionary Force from May 2004 to February
2008.*



*Hospital Corpsman Second Class Lyle Walls,
Surgical Suite, receives a Navy and Marine
Corps Medal for his service as an Ophthalmic
Surgical Technician at the National Naval
Medical Center Bethesda, Maryland from
December 2002 to December 2006.*



*Class (SW)
Management
second Good Conduct*



*Personnel Specialist Monique Ortiz, Personnel
Support Detachment, receives a Letter of
Appreciation.*

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Hospital Staff Support Global Missions...

Coalition doctors remove tumor, save Afghan girl's life

By Army Sgt. Daniel Love

Combined Joint Special Operations Task Force Public Affairs

BAGRAM AIR FIELD, Afghanistan (AFPN) — On a warm morning in early June, a worried Abdullah Haqim walked with his daughter into the weekly Coalition medical clinic in Farah province, Afghanistan. Six-year-old Gulzana was sick and local Afghan doctors could not diagnose or treat the painful swelling that had engulfed her left eye.

The father watched with a

worried expression as a U.S. Special Operations Forces doctor examined the tumor that covered her eye. He was worried because insurgents in the area had warned him that Coalition doctors would not help his daughter and may even hurt her.

"This wasn't the type of thing we could treat at the weekly clinic," the SOF doctor — whose name is withheld for security reasons — said. "Most



NHA TRANG, VIETNAM (June 24, 2008) Hospital Corpsman Third Class Devin Schmidt, assigned to the USNS Mercy (T-AH 19), recording and taking vital signs at a MEDCAP (Medical Civic Action Program) site, according to Schmidt, they saw 600 patients that day. Nha Trang, the Capitol of Khanh Hoa province, sits in the south of Vietnam around 450km north of Ho Chi Minh City. When not deployed, Schmidt works at the Naval Hospital Twentynine Palms Mental Health Department.



Cmdr. John G. Crabill meets with Abdullah Haqim and his daughter Gulzana before examining the young girl. Crabill is currently deployed from Naval Hospital Twentynine Palms where he serves as a Medical Corps Officer.

of our patients here require more basic assistance. Her case required advanced medical care as quickly as we could provide it, so we had to start making plans right away if we were to have a chance of saving her."

Gulzana had an orbital tumor growing from her eye which was expanding to her cheek and

eye brow.

In a developing country such as Afghanistan, a child with such an affliction has an extremely low chance of survival.

So, soon after the American doctor looked at her, he began coordinating life-saving plans.

"We saw this as a case where

we could make a difference in a child's life, so we had to act," the SOF doctor said. "It took some effort, but we arranged for Gulzana and her father to arrive here around the same time as Colonel David Holck, one of the Air Force's two best optical surgeons."

On the morning of July 7, Colonel Holck began his trek from Baghdad, Iraq, to Bagram Air Field in Afghanistan by way of military resupply flights. Colonel Holck is deployed from Lackland Air Force Base, Texas, where he is chairman of ophthalmology there.

Throughout the same day, Gulzana and her father, who used a makeshift travel bag made from a bed sheet, travelled 14 hours on a bus to Bagram to meet with the doctor.

Upon their arrival, Haqim met with Colonel Holck while medics changed Gulzana's

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Continued on page 7



Ombudsman Corner -- Summer Fun

children. Realizing that the price of gas limits how far we drive and the heat limits our time outside, local and early morning activities can be fun and Free!

Have a picnic!

Who says a picnic has to be in the afternoon? Get out for a Breakfast Picnic and let your kids bring their bathing suites! Enjoy the morning in a local park with grass, if you're lucky you can catch the sprinklers at watering time.

You can find a lot of ideas for picnic activities and recipes on

the internet. The following tips and essentials are available from the Food Network website.

* Freeze drinks and use them to keep your cooler chilled.

* Bring a colorful and comfortable blanket. Extra towels can serve as pillows.

* Set up your picnic in the shade.

* A cooler packed with ice is safer than a basket, but baskets can still be used for non food items.

* Make sure foods that are meant to be served cold are thoroughly cooled before packing.

* Throw away any food that's been out of the cooler for more than an hour.

Here are some items to pack in your picnic bag:

* Blankets, Towels

* Insect repellent

* Napkins, Plates, Silverware,

Serving Utensils, Cups

* Bottle/Can opener

* Paring knife, Cutting Board

* Condiments

* Damp wipes or cloths for washing up

* Garbage bag

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Hospital Staff Support Global Missions...

Continued from page 6

bandages. She also received a teddy bear from adoring U.S. troops.

She also shied away from the attention.

The next day, Colonel Holck and other Coalition doctors performed a CT scan of Gulzana's head to gauge the size and location of the tumor.

Like most children, Gulzana didn't seem to like being in the hospital, but she was patient and allowed the medical staff at the Craig Joint Theater Hospital on Bagram to examine her and plan the required surgery.

The tumor had spread from her retina to other parts of her eye, but had not yet affected her skull or brain.

"Based on her scan, we could see that the situation was a little

better than we had hoped for," Colonel Holck said. "You can't beat the positive outcome of something like this; all we have to do is our job, but we also get the opportunity to make a difference in a child's life."

On July 9, Gulzana was on an operating table, surrounded by Air Force and Army doctors. The operation lasted two hours, but when it was finished, she looked like a new kid. The tumor that had spread from her

eye was gone, and her eyelid could close. She woke up with bandages on her face and with her happy father holding her hand.

Gulzana and her father will temporarily live at Bagram Air Field as she recovers. Her smile, the SOF servicemembers who are monitoring her recovery said, warms their hearts. And now the worried look on her father's face is gone.

"Her mother is gone and she has had enough pain in her life," Haqim said. "I'm happy that the Americans showed so much care for her and that she is getting better. Before, we were so worried, but now everything has changed and she will have a chance to grow up and be happy."

DILI, East Timor (15 July 2008) Donna Willard, left, wife of U.S. Pacific Fleet commander Adm. Robert Willard, plays with children during a visit to a Pacific Partnership engineering civic action program at the Bario Pite Elementary School. Pacific Partnership is a four-month deployment by the Military Sealift Command hospital ship USNS Mercy (T-AH-19) to assist the governments of participating nations with medical, dental and construction civic assistance programs. U.S. Navy photo by Mass Communication Specialist 2nd Class Joseph Seavey (Released)



What is really in that soda...

Continued from page 3

of decay. The acid (which gives soda its fizz) takes calcium out of the tooth leaving teeth softer and more prone to decay. Diet soda contains less sugar, but the same amount of acid.

It is also believed that calcium is pulled out from the bones of soda drinkers to buffer the acid in the soda. Studies have shown that girls who drink soda regularly have a lower bone density than those who don't drink soda at all. Some bone health studies are reporting osteoporosis in

young women as young as high school age.

Also, soda often replaces milk and other calcium-rich beverages and you can see how our bones can suffer. There is a link between soft drink consumption and lower intakes of milk, calcium, fruit and fiber.

So how much sugar is in regular soda?

In a regular 20 ounce soda there are 17-18.5 teaspoons of sugar. That is well over 1/3 cup of sugar per bottle or can. And

those "high octane" drinks? One 23 ounce can of Jolt soda has 94 grams of sugar or almost a cup of sugar. Consumption of two energy drinks a day increases: systolic blood pressure by 10 mm hg and your heart rate by five to seven beats per minute.

Would you like to rethink your drink? Water is always a good choice. Fat-free milk, unsweetened tea, green tea, and flavored waters are healthier alternatives than soda's -- either regular or diet.

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Hospital Honors Sailors, Civilians of the Quarter...

Continued from page 1

tal staffing shortage and ensured all tasks were accurately completed and on time. As the DMHRSi Human Resources Manager for the Command, you were instrumental in raising DMRHSi compliance from 59 to 95 percent in three short weeks. You effectively trained over 60 Timekeeper Specialists while implementing over 80 database changes. Additionally, you fielded countless DMHRSi calls and expeditiously resolved issues which enabled improved Command compliance."



Petty Officer Third Class Sarah Bremmer, Emergency Medicine Department has been selected as the Junior Sailor of the Quarter.

Her citation reads in part, "As the Emergency Department Leading Petty Officer, you flawlessly managed 13 personnel authoring one Navy Accommodation Medal, five Letters' of Commendation, 11 Evaluations, and two Performance Information Memorandums. A distinguished member of the Command Honor Guard, you participated in one full military honor funeral, two retirement ceremonies, one flag retirement ceremony, and Paraded the Colors for the Change of Command ceremony. Devoted to your junior Sailors, you instructed over 15 hours of EMT Basic Courses to nine students with an 89 percent pass rate of the National Registry examination. As a BLS training site facilitator, you instructed a class of five students with a 100 percent pass rate. As the Hospital Corpsman Ball Committee Secretary, you devoted over 50 hours towards coordination of 18 fundraisers this

quarter which raised over \$9,000 for the 2008 Hospital Corpsman Ball Celebration. As the Junior Enlisted Association Secretary, you devoted 32 hours while participating in four fundraisers which raised over \$1,000 this quarter."



Celso Matias, Lead Clinical Nurse, Maternal Infant Nursing Department, was selected as the Senior Civilian of the Quarter.

His citation reads in part, "As the Morbidity Reporting Officer and Defense Military Health Reporting System internet

Timekeeper you ensured timely reporting of manhours and workload. The accurate report you submitted contributed to the justification for additional reserve and two temporary additional duty nurses during the summer staffing shortage. As the Infant Security Officer, you personally trained five newly reporting staff on infant security procedures and revised the code pink drill protocol resulting in two consecutive successful code pink drills. Also, you revised the "mommy packs" purchase process which resulted in \$8,600 additional savings."



Conrado Consul, Lead Clerk, Outpatients Records, has been selected as the Junior Civilian of the Quarter.

His citation reads in part, "As Medical Support Assistant, Outpatient Records Division Patient Administration Department, you implemented an improved health record copying process which reduced turnaround time from 10 days to one day; thus resulting in same day record delivery. Compliant with Joint Commission requirements, you successfully mailed 180 records to various service commands with 100 percent accuracy, an accomplishment that far exceeds that of your respective peers. Your training and guidance to four military staff mem-

bers in the proper duties and responsibilities of Outpatient Medical Records resulted in accurate cross training and increased operational readiness. You filed a back log of over 7,000 medical chits within a four week period, without compromise to normal workload. You have displayed exceptional dedication and initiative in all work assignments consistently ensuring production of outstanding quality results."



Hospitalman Joseph Wilson, Adult Medical Care Clinic has been named as Blue Jacket of the Quarter.

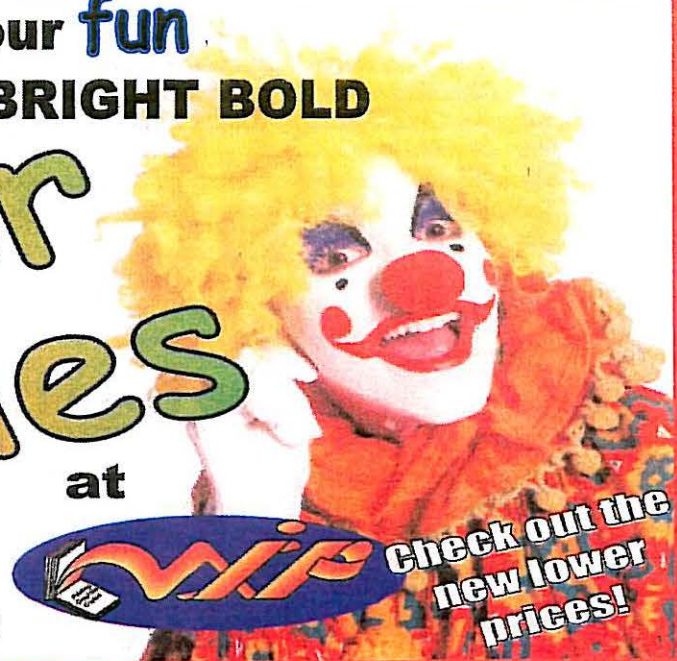
His citation reads in part, "As the Leading Hospitalman for the Adult Medical Care supply Department you effectively maintained an OPTAR of more than \$90K and standardized ordering procedures which ensured quick delivery, increased accountability and decreased costs. You were key to the clinic update and replacement of over \$30K worth of supplies and furniture. Your incredible flexibility and maturity has made significant positive impact on the mission of healthcare delivery to the Marine of Headquarters Battalion and MCESS."

Congratulations to all.

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School and Sports Physical Rodeo Scheduled

The Robert E. Bush Naval Hospital is offering a School and Sports Physical Rodeo in the Primary Care Department on August 5 and 6, and again on August 19. Please call 830-2752 to make your appointment.

You will need to bring your child's immunization card, school and sports physical forms, medication school release forms, and your child's military identification card.